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# Halifax metro



**FORT MCMURRAY**  
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**one's life to fire**  
**metroVIEWS**

Your essential daily news | TUESDAY, MAY 10, 2016

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## NDP to table \$15 minimum wage

### N.S. LEGISLATION

**Burrill says small biz owners would be exempt**



**Haley Ryan**  
 Metro | Halifax

The provincial NDP says having Nova Scotians earn a higher minimum wage means a boost to the local economy, and without it, "society will not work."

On Tuesday, the NDP is tabling a bill in Province House that would have minimum wage rise every January from the current \$10.70 to \$11.70 in 2017, \$13.35 in 2018, and \$15 in 2019, as well as repeal a different wage for inexperienced employees.

"A year-round job ought to be ... something that lifts the person up out of difficult circumstances," NDP leader Gary Burrill said in an interview Monday.

Burrill said income inequality is

one of the biggest problems facing the province, and it's "shocking" to see studies like one last year showing that 30 per cent of households below the poverty line have someone working full-time all year.

"People have to live," Burrill said. "It often is ... that all that having a job does is kind of cement you in the position that you've been in — then our economy and our society will not work."

Burrill said the model is taken from Alberta's move to \$15 an hour by 2018, and would help the 130,000 Nova Scotians making less than that now.

The inexperienced worker wage (often 50 cents less than the minimum) is discriminatory against young people and students at a time when there are already "tremendous financial pressure" with student loans, Burrill said.

Although small business owners are often worried to see minimum wage go up, Burrill said the bill would have exemptions for small and family-owned enterprises.

Those owners often put in unpaid

### + SYMBOLIC

Burrill said he's aware there's little chance the bill will pass, but it's important to "set forward what we think is a superior path."

time and don't have the margin to afford increases in labour costs, Burrill said, adding the bill is meant to target the 45 per cent of residents earning minimum wage in large companies with over 500 employees.

"Their work does not lift them out of poverty, despite the fact that they are working for large corporations which are generating considerable profits," he said.

By putting more spending power in the hands of low-income people, Burrill said the money would be spent at local shops and businesses, adding studies show mental health problems decrease, educational achievements go up, and the local market expands.

**More coverage, metroNEWS**



**Local duo helps fill storage lockers for Fort Mac metroNEWS**

JEFF HARPER/METRO

**IN FORT MCMURRAY**  
**Metro takes you behind the headlines to the rooms lost — and spared — in the inferno**

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**Left:** Part of the Halifax waterfront before development begins in the historic Queen's Landing district later this year. **Right:** A rendering of the proposed development for the waterfront after its expected completion in 2019. JEFF HARPER/METRO; CONTRIBUTED

## Queen's Marque plan unveiled

### DEVELOPMENT

#### Waterfront project to build 75k square feet of public space



**Yvette d'Entremont**  
Metro | Halifax

A major new development announced for Halifax's waterfront is being described as "transformative" for the city and the province.

Armour Group Limited and Waterfront Development unveiled the Queen's Marque district project plans Monday in Halifax. The more than 450,000 square feet of the district will include the creation of 75,000 square feet of public space and areas to "work, live, eat and explore."

"In a word, we think it's a 'transformative' project for Halifax and Nova Scotia. The design itself is both a nod to our Maritime past, but also very modern feeling," Waterfront Development's acting president and CEO Jennifer Angel said in an interview.

"In addition to very large open spaces, there's a real thoughtful attention paid to providing public access to the water's edge, so down into the water and also up above the



**The design itself is both a nod to our Maritime past, but also modern feeling. Jennifer Angel**

water in the rooftop public space on the Rise Again building."

The Queens Marque district covers almost five acres at the centre point of the city.

Located on the Halifax waterfront in the area historically known as Queen's Landing, it runs to the east of Lower Water Street and is bounded by George Street, running south to Prince

Street.

"I think the must-haves that we wanted to achieve were places that in some way expressed our stories or allowed people to connect with those

stories on their own terms, so there's a lot of public space," Armour Group CEO Scott Armour McCrea said in an interview.

"Instead of grouping the density into one large mass, it's been spread through the district... There are now three major plazas, 75,000 square feet of public space."

The Rise Again wharf building is a gradually rising, scalable pier building that will create a natural amphitheatre for community use.

"You walk on its roof and it's a building rising up out of the waves as if it was a vessel... There's a natural human inclin-

ation to want to get up and see around just as there's an innate almost primal desire to reach out and touch the water and we provide both," McCrea said.

"You can get up high, almost rising with the future of Nova Scotia, or what we call falling back in time recreating the original Queen's Landing."

If all goes according to plan, construction will begin later this year with an anticipated completion date of late 2019.

McCrea said details about issues like the number of jobs to be created, tax base, and anticipated living space sizes will be provided later this week.

### EVENTS

#### Vendor shocked by multicultural festival's financial woes

For the past four years, Ingrid Dunsforth, also known as the Cake Lady, enjoyed providing her German treats during Halifax's annual multicultural festival.

She was shocked when CBC Nova Scotia contacted her over the weekend to get her view on the fact the 32-year-old event wasn't happening this year. It had been scheduled to take place

on the Halifax waterfront the weekend of June 17.

On Monday, CBC reported the Multicultural Association of Nova Scotia (MANS) has been ordered to pay more than \$26,500 in outstanding debts that date back to the 2014 festival.

Dunsforth said she had no clue the festival was in jeopardy, and that organizers took her cheque and had her sign

a contract in February to hold her place for this year's event.

"It was a cheque for just over \$1,000 I gave in February and there was no indication given to me whatsoever that there was a problem," Dunsforth said.

"I'm in the midst of organizing, ordering my materials, getting people together. The logistics behind this is a big deal."

Dunsforth said she has since

learned the festival's financial woes date back years.

"I am very shocked now that I know the whole story," she said.

"I think there should be a new structure built more through volunteer work and not just people employed. Obviously there was an accounting problem."

Other vendors told CBC they had also paid deposits for this year's festival and weren't in-

formed it had been cancelled.

Attempts on Monday to reach out to the Multicultural Association of Nova Scotia's executive director Mohamed Iftikhar Illyas and to the association's communications person via email were unsuccessful.

Calling the association's phone number resulted in a fast busy signal.

YVETTE D'ENTREMONT/METRO



Joitsna Challa dances as part of a Multifest launch event last year. JEFF HARPER/METRO



# Drouin 'wouldn't be denied'

## HOCKEY

## Former Herd star stepping up for Bolts in playoff run



**Jeremy Mutton**  
For Metro | Halifax

Jonathan Drouin may be one of the biggest stories of this year's NHL playoffs, but those who know him from his Halifax Mooseheads days aren't surprised at his success.

"I don't think anyone in our organization that knows Jonathan is," Halifax Mooseheads general manager Cam Russell said Monday.

"Over the years we had him on our team, he became a good leader. He has a fire in him, something that pushes him. He has this desire to be the best and always win."

Drouin played three seasons with the Halifax Mooseheads, winning the Memorial Cup in 2013, and being named Canadian Hockey League Player of the Year for the 2012-13 season.

"He's as good a puck handler as any I've seen in the Quebec league," sportscaster Dan Robertson said Monday.

"And that includes Sidney Crosby."

Robertson is the voice of Montreal Canadiens on TSN Radio 690. He covered the Halifax Mooseheads as sports producer at Eastlink TV while Drouin was with the team.

"He wouldn't be denied," Robertson said. "I know that many times he and Nathan



Former Halifax Mooseheads sniper Jonathan Drouin celebrates after the Tampa Bay Lightning scored during its second-round series against the New York Islanders. GETTY IMAGES

MacKinnon were the last ones off the ice at practice."

Drafted third overall in the 2013 NHL Entry Draft, the crafty left winger was expected to quickly assume a role as a dominant player on the Tampa Bay Lightning.

But his rise has been unsteady. After being drafted, Drouin was cut from the team and sent back to major junior in Halifax.

Drouin was "disappointed" but worked hard to improve

his game.

"It's pretty much impossible, or improbable, to come out of major junior and be that kind of player," Robertson said.

"He really took a leadership role and put the team on his shoulders. He was incredible in his last year in junior."

Drouin might have had déjà vu this season when Lightning GM Steve Yzerman assigned him to Tampa's American Hockey League affiliate, the Syracuse Crunch.

In January, his agent announced he'd requested to be traded. Then, Drouin was suspended indefinitely for refusing to play for the Crunch. He would not practice with Syracuse until March.

The thought of Drouin then playing for the Lightning? Unlikely.

"People were worried that it would do irreparable harm to his career, his reputation, and maybe his mindset," Robertson said. "I give the Lightning credit for hanging on to him; I'm sure there's a lot of good offers made for him at the trade deadline."

When he returned to the Crunch, he began slowly working his way back up, and by April he was back in the NHL. Now Drouin has made himself a key part of Tampa's playoff run.

"Any kind of adversity, he responds the same way," Russell said.



**Cam Russell**, Halifax Mooseheads general manager. JEFF HARPER/METRO

"The best games he's ever played for us have been the biggest games."

In Game 2 of the second

round against the New York Islanders, Drouin scored his first playoff goal — the game-winner. In Game 3, he left the ice after taking a monster hit, only to return and set up forward Nikita Kucherov for the game-tying goal with 38 seconds left in regulation. The Bolts won in overtime.

With the Lightning advancing to the Eastern Conference Finals, Drouin's success has been a high point after a tumultuous season.

"He's gone through a couple of tough lessons with leaving the team, maybe got some bad advice from his agent, but he's worked hard, and put his head down," Robertson said.

"It's starting to pay off."

**"The best games he's ever played for us have been the biggest games."**  
Cam Russell



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# Reaction to minimum wage proposal

## IMPACT

### University students, small businesses weigh in



**Haley Ryan**  
Metro | Halifax

While small business owners often argue wage increases would run them into the ground, one Halifax shop owner says it's "ethical" to pay employees more than the minimum.

Shelby Lendrum, owner of the eco-friendly P'lovers store, said she's always paid her staff at least 50 cents above min-

imum wage, and has some employees at \$14 and \$15 an hour because the current \$10.70 an hour doesn't cut it.

"If you can't afford staff then work it yourself. If you can't afford to work it, then it's not a viable business and shut your doors," Lendrum said Monday when asked about the NDP's proposed \$15-an-hour minimum wage bill.

"But starving your staff with the backing of your government doesn't seem like the right answer."

Lendrum said keeping wages high makes sense in a province that continues to lose recent graduates to

places with better minimum wages.

"If you pay them to the point where they just keep racking up debt and they have to leave on the first job west, that's what they're going to do," Lendrum said.

But Geoffroy Chevallier, chef and owner of the French Fix Patisserie in downtown Halifax, said any increase in the payroll means a bump in taxes and "we wouldn't be able to afford that."

Although the NDP's bill could have exemptions for small businesses, Chevallier said a large increase in wages would still be a big loss for hotels and other com-

panies, likely meaning higher prices for consumers.

"\$15 an hour, that's a lot," Chevallier said.

Lendrum said although she'd like to see big businesses pay higher wages and taxes because they can afford it, all minimum wage employees should still be paid more since the reason of wage increases hurting a business are never the only factor — high property taxes, the rising cost of goods, and rent in Halifax play a part.

"A coffee can cost you an hour's wages in downtown Halifax now; that's crazy. You're saying that they're not worth a coffee? Really?" Lendrum said.

"I'd rather be ethical and go out of business, than be profitable and unethical."

### Students working multiple jobs



**Olivia Carey**  
For Metro | Halifax

For the first time, Hailey Coleman said she took on a part-time job during the school year. The 21-year-old Dalhousie University student also works two jobs during the summer near her hometown of London, Ont.

"It's just way too expensive with tuition and whatnot and all the other expenses you have," the third-year business management student said Monday.

The 10-hour-a-week job in athletics at Dalhousie University helped pay for the cost of going to school, she said.

Coleman said she's lucky to have her parents help her, but it isn't ideal. "They definitely helped me out a lot; however, if there was a way that you didn't have to by increasing minimum wage then, yeah, that would definitely be a much better option," she

said in a phone interview.

Where Coleman has her parents, many students rely on loans from the government.

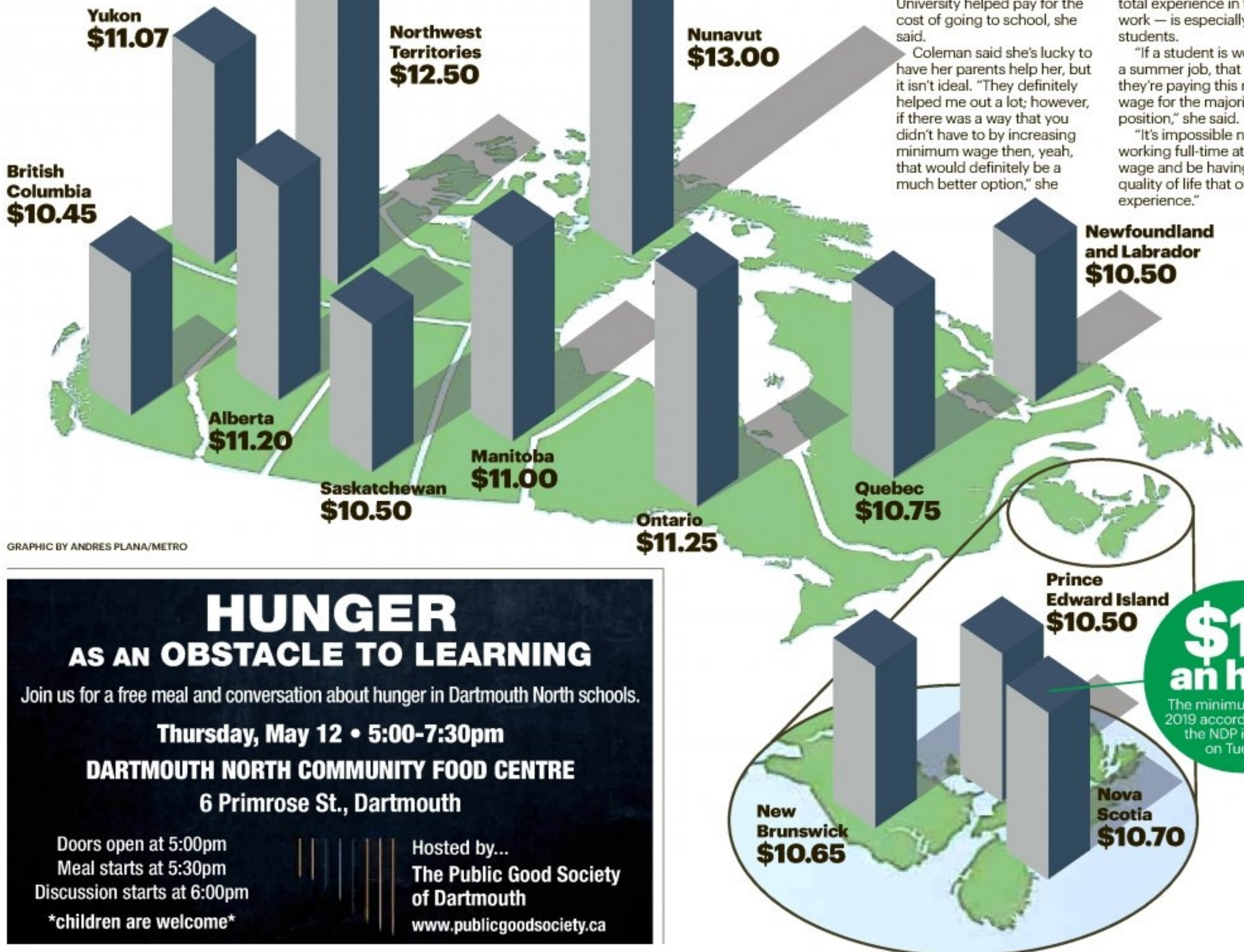
Charlotte Kiddell, chairperson-elect for the Canadian Federation of Students, said raising Nova Scotia's minimum wage to \$15 an hour would be a good step towards making student life more manageable.

"The majority of students are working while they're in school and most of the time students are working minimum wage positions in order to afford their post-secondary education degree," Kiddell said.

She added the inexperienced minimum wage legislation — \$10.20 for people who have worked at a job for less than three months and have less than three months total experience in that type of work — is especially hurtful to students.

"If a student is working a summer job, that means they're paying this reduced wage for the majority of their position," she said.

"It's impossible now to be working full-time at minimum wage and be having the quality of life that one should experience."



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# Chrétien sparks pot conversation

POLITICS

## Former PM calls to decriminalize marijuana

Jean Chrétien says politicians have to adjust to changing times, as his own views on marijuana, capital punishment and other contentious issues evolved after he was first elected in the early 1960s.

Whether it's pot smoking, abortion, gay marriage or the death penalty, the former prime minister says he's tried to reflect the spirit of the times — even if his changing politics put him in conflict with his conservative upbringing in a large, Roman Catholic family in rural Quebec.

"What were certain values 50 years ago, are not the same today. We have to live with that. It's not always easy," he said.

When asked Monday about Prime Minister Justin Tru-



Former Prime Minister Jean Chrétien, left, jokingly chokes former member of parliament Bob Rae during an event at Dalhousie University. DARREN CALABRESE/THE CANADIAN PRESS

deau's decision to legalize the sale of marijuana, Chrétien said he is in favour of decriminalization.

"What is completely unacceptable, in my judgment, is a young man smoking marijuana will have a criminal record for the rest of his life, (and) he can't cross the border — come on," Chrétien said

after a ceremony marking the official opening of a public policy think-tank at Dalhousie University in Halifax.

"It is the modern thing to do ... You have to adjust to the new life."

When Chrétien was prime minister, his government tried in 2003 to pass a law decriminalizing

### THINK TANK

Jean Chrétien was in Halifax to officially open the MacEachen Institute for Public Policy and Governance, a non-partisan think-tank named in honour of former Liberal cabinet minister and Cape Bretoner Allan MacEachen.

simple possession of small amounts of marijuana, but the bill died when Parliament was prorogued.

Earlier this year, Liberal MP Bill Blair, a former Toronto police chief, said Criminal Code provisions on marijuana must be upheld until legalization is in place.

Blair, parliamentary secretary to the justice minister, is the Trudeau government's point man on the issue.

Chrétien, 82, said he has

never smoked cigarettes and he's never tried pot.

"I don't know what it is and I never tasted that," he said. "I don't know what is the effect."

First elected to the House of Commons in 1963, Chrétien said his constituents in Shawinigan, Que., gave him a hard time when he voted against capital punishment.

"People thought I was wrong," he said, adding that he faced more opposition from locals after a landmark Su-

preme Court of Canada ruling that decriminalized abortion in 1988.

"I'm a Roman Catholic

from a large family. To vote in favour of letting ladies decide what to do with their own bodies — it was not easy for me ... (But) I did that."

And in 2003, Chrétien's majority government announced that it would not appeal court rulings supporting same-sex marriage, setting the stage for legislation that would later recognize the validity of such unions.

"We have to adjust to reality," Chrétien said. "Marijuana is in the same category."

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# Halifax men charged in Toronto killing

## CRIME

### Murder charges laid in shooting of 25-year-old

Four men are facing charges following an investigation into the slaying of a 25-year-old man in downtown Toronto last Oct. 31.

Investigators say they believe Charles Shillingford drove away

in a vehicle after being shot and was involved in a collision a few moments later. Shillingford was pronounced dead a short time later in hospital.

Jahmal Joseph Richardson, 31, of Oakville, Ont., Kyle Sparks MacKinnon, 26, of Toronto, and two Halifax men — Mitchell Manette, 20, and Denzell Tyresse Walter Desmond, 19 — are charged with first-degree murder. The four are scheduled to appear in court in Toronto on May 19. THE CANADIAN PRESS



A police cruiser blocks off the murder scene last October in downtown Toronto. TORSTAR NEWS SERVICE

## HIGHWAY 102

### Police warn public about truck driver

Halifax police are warning the public about a man who has been making sexual remarks or masturbating while driving on a local highway.

The Mounties have received two recent reports of this happening along Highway 102 in the Lower Sackville area on May 3, when a woman complained that a man driving a pick-up truck northbound near Exit 6 drove by her car and had made it "obvious that he was masturbating."

The second incident happened on May 6, when a man driving a pick-up truck approached a woman who was walking along the side of Highway 102, also

northbound near Exit 6, and offered her a ride.

"Once she was in the vehicle, the man started making inappropriate comments about her and asking her to do sexual acts," the RCMP said in the release. "She declined, and asked to be let out of the truck."

The suspect and vehicle in both cases are similar. The man was described to police as a bald white man in his 40s who is about six-feet tall, with a large build, fair complexion and red or grey goatee. His vehicle was either a dark grey or black newer model pick-up truck.

KRISTEN LIPSCOMBE/METRO



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**DEMOLITION UNDERWAY** A crew has begun demolishing the former Cleveland Estate (the Wedding Cake House) on Young Avenue. The redevelopment of the street spurred the establishment of a protest group called Save Young Avenue. JEFF HARPER/METRO

# Blaze ravages rural store-cafe

WHEATON'S

## No injuries but fire consumes a piece of local history

Fire has destroyed the original location of a well-known furniture and home decor chain of stores just outside Berwick.

Fire departments from Kingston to New Minas were called to a structure fire at the Wheaton's store and café

shortly after 5 p.m. Sunday.

"It's definitely a serious fire," said Waterville Fire Department spokesperson Kevin Ernest just after 7 p.m., relaying information from the fire chief.

"I just viewed a picture that was sent to me and it's very, very serious. It's both the store and the café, from what I understand."

"The chief said it's a major loss," Ernest said. "It's safe to say it's destroyed that location."

The buildings were completely engulfed in flames when firefighters arrived, but no one was injured.

"We had to shuttle in a lot of water in our tankers, so we had to cordon off quite a wide area," said Ernest, who said that brooks and ponds in the area were plentiful for firefighters to draw water from.

The Wheaton's website says Garnet Wheaton started planting balsam firs in the Shaw Road area in 1981. Eventually, the venture grew large enough that he renovated the barn into a country store, which opened in September 1990.

KIRK STARRATT & JENNIFER VARDY LITTLE  
- TRURO DAILY NEWS/TC MEDIA

NEW GLASGOW

## Suspect's car dragged officer

Police have issued an arrest warrant for a Nova Scotia man accused of dragging an officer with his car.

Police in New Glasgow say they stopped a man driving the

wrong way down a street at about 4:20 a.m. Sunday.

Officers approached the car on George Street but say the driver fled, dragging one of the officers a short distance.

Const. Ken Macdonald of the New Glasgow Regional

Police said the officer was treated for minor injuries.

Police have issued an arrest warrant for 34-year-old Barrett Johnson Fraser. He faces charges of dangerous driving, assault on police and assault with a weapon.

THE CANADIAN PRESS



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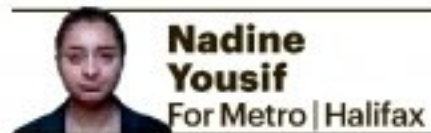
Canada



# Haligonians have 'almost filled five storage lockers'

## CHARITY

### Organizers overwhelmed by support for Fort Mac drive



**Nadine Yousif**  
For Metro | Halifax

Several storage units across Halifax are overflowing with cardboard boxes waiting to be sent to Alberta.

Corinne Crowdis and Aimee Reddins have collected toothpaste, Tylenol, soap, and everything in between to help those in the community of Fort McMurray.

For 13 hours a day, the two friends have been tirelessly sorting through donated items to a community that Crowdis said her and Reddins both have an emotional connection to.

"We both have family and friends out in the Fort McMurray area and we wanted to

## + OPS ON HOLD

Corinne Crowdis said due to the large amount of donations, operations have been halted until the first shipment of items is on its way. She added they will begin accepting donations again in the coming weeks.

"We will still do clothes and toiletries but we will also be collecting furniture and household items for maritimers who are forced to come home and don't have anything here," she said. METRO



Volunteers (from left) Ron Sherman, Melissa Dean and Corinne Crowdis load up a truck of donations for Fort McMurray residents from their storage locker in Bayers Lake on Monday. JEFF HARPER/METRO

contribute in any way that we could," the 25-year-old said.

She added her father, who works in Alberta near the affected area, has since moved back to Halifax following the fires.

"I don't know if it has sunk in yet really," she said.

Reddins, alongside Crowdis, launched a call for donations last Wednesday on Facebook. Since then, Crowdis said the response has been "overwhelming."

"We've almost filled five storage lockers across the Halifax Regional Municipality," she said. "We definitely didn't expect it to get this big."

Crowdis added they have since moved their operations to the Halifax Forum, where items will be sorted and set for shipping to Alberta on Thursday.



Everybody is emotionally connected to someone out there, so it kind of hits close to home.

Corinne Crowdis

Volunteers have been helping Crowdis and Reddins with their operation, including Bill and Ryan Aspinall from Dartmouth, who Crowdis said

have offered a truck to ship the items to Alberta for free.

She said she believes the community is responding positively to their initiative because of the close ties

existing between the Maritimes and Fort McMurray.

"Everybody is emotionally connected to someone out there, so it kind of hits close

to home," Crowdis said. "I think that's why the community has been so supportive of what we've been trying to do."

Crowdis and Reddins are part of a large network of people across Atlantic Canada that are collecting donations to help those affected by the fires, both locally and in Alberta.

Although many across Halifax have sent donations, Crowdis said members of the community can still help by sorting through the donated items.

"If anyone could help, we could definitely use it," she said.

## FINANCIAL AID

### Maritimes will send \$250,000

Relief efforts for people affected by the Fort McMurray wildfire will be getting a \$250,000 boost from the four Atlantic Provinces.

Nova Scotia, Newfoundland and Labrador, and New Brunswick have each committed that they will contribute \$75,000 in financial aid to the efforts.

Prince Edward Island has committed to a \$25,000 contribution.

All of the money will go directly to the Canadian Red Cross, who have been organizing relief efforts for Fort McMurray victims.

Nova Scotia Premier Stephen McNeil says the thoughts and prayers of his province are with the communities affected by the disaster because of the close work ties developed with Nova Scotians over the years.

Newfoundland and Labrador Premier Dwight Ball says his province is committed to continuing support during a "difficult time."

Prince Edward Island Premier Wade MacLauchlan says although the terrible events are taking place in Alberta, the effects are being felt throughout Atlantic Canada.

THE CANADIAN PRESS



Stephen McNeil, premier of Nova Scotia. JEFF HARPER/METRO

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BANK OF MONTREAL, one of the chartered banks of Canada  
- and -  
PLAINTIFF  
S.W. HOPKINS & ASSOCIATES, as Trustee in Bankruptcy for Renee Marie Corkum  
DEFENDANT  
NOTICE OF PUBLIC AUCTION  
To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:  
Property: ALL that certain parcel of land known as 34 Shrewsbury Road, Cole Harbour, Halifax County, Nova Scotia, also known as PID 40132896 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 100997544. The parcel has been registered pursuant to the Land Registration Act. The parcel is subject to Restrictive Covenants registered at the Halifax County Land Registration Office in Book 3077 at Page 778 as Document No. 200.  
A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.  
Date of Sale: May 13, 2016  
Time of Sale: 11:00 o'clock in the Forenoon.  
Place of Sale: The Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia  
Terms: Ten per cent (10%) deposit payable to BoyneClarke LLP in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.  
Signature  
Signed on the \_\_\_\_ day of April, 2016.  
I, Andrew Rankin  
BANKERS  
1800-1801 Hollis Street  
Halifax, NS B3J 3N4  
Telephone: 902-423-8361/Fax: 902-420-9326  
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# 'Honour to be there'

## EMERGENCY WORKERS

### Fort Williams native on front lines of wildfire returns home

After several long days working in the smoke and the heat from the front lines of the Fort McMurray fire, a former Port Williams resident has returned home to Edmonton.

Jack Cook, a firefighter and paramedic with Edmonton Fire Services, was dispatched during the Fort McMurray wildfire evacuation May 4. He spent a long night driving through the dark and stopping at vehicles parked on the side of the road, providing assistance to the displaced Fort McMurray residents.

The next day, he took a stand with other firefighters to protect essential Fort McMurray infrastructure like

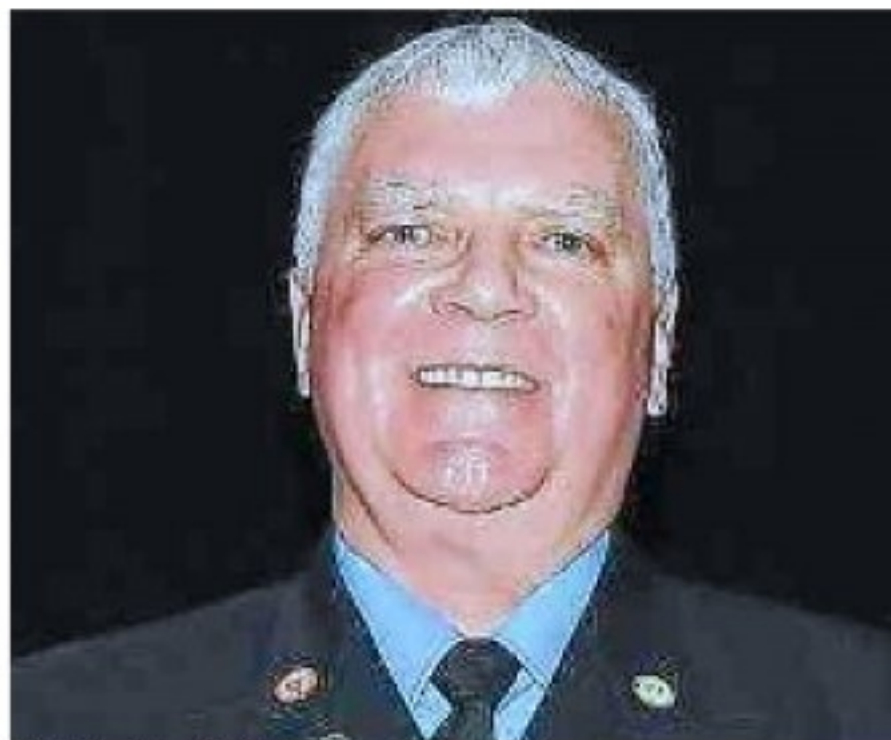
the hospital.

"They tried to do 12 shifts, but that became impractical, so they went to mission-specific shifts," Cook said. "You were given a mission and you stayed on that mission no matter how long — up to 24 hours in some cases. You could call for backup or retreat if it became unsafe, but you stayed with your task until it was done. Then reported for reassignment after completion."

During a paramedic shift,

Cook was sent into Fort McMurray to aid a resident who had refused to evacuate. The man had remained inside his house for three days until he became short of breath due to the heavy smoke and called 911 for rescue. Between 75 and 100 people refused to leave the city, he said.

Over the weekend, he returned home to Edmonton, much to the joy of his



Jack Cook, a firefighter and paramedic. FACEBOOK

parrot Maurice, who "lost his mind when I came through the door," Cook said.

After a little relaxation, a shower and a beer, it was back to regular life, including returning to his regular job May 9.

But, he says, he'll never forget the efforts of the fire and rescue first responders.

"It was an honour to be there

with my fire/rescue family. (They) are doing a great job under very difficult circumstances," he said.

He also had high praise for the response from people across Canada. "To everyone else supporting evacuees, the ones we talked to do appreciate all that you are doing." JENNIFER VARDY LITTLE/KINGSCOUNTYNEWS.CA

## CAPE BRETON

### Man flees wildfire as his N.S. house burns

A man fled the Alberta wildfires only to discover his home in Cape Breton had burned down.

Bruce MacDonald, who works as a labourer during oil field shut-down periods in Fort McMurray, was making his way home and was in Toronto when he was told that his Cape North house was destroyed by a fire Thursday.

His 20-year-old son was at home at the time of the blaze and made it out safely, according to his brother Norm MacDonald.

Norm MacDonald said he and his wife Cindy started a GoFundMe page to help out and are "overwhelmed" with the response.

"It started with the hope of maybe a couple of thousand just to help with the necessities until their insurance kicks in," he said. "It kind of snowballed."

MacDonald said the support is typical for Cape Breton, where people are quick to step up to help others in times of crisis.

"People in our area they are constantly giving," said MacDonald.

MacDonald said his brother is back in Cape Breton and is stay-

**\$16,000**

Norm MacDonald and his wife Cindy started a GoFundMe page to help out, and have already received more than \$16,000 since the weekend.

ing with his family in temporary lodgings.

"They are overwhelmed; they really can't believe the love and support from everybody," he said. "The main thing is there is no loss of life that's all he (Bruce) is concerned about."

THE CANADIAN PRESS



(My brother's family) really can't believe the love and support from everybody.

Norm MacDonald

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A burned-out barbecue is shown in the Abasand neighbourhood during a media tour of the fire-damaged city of Fort McMurray, Alta., on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

# Cruel randomness of fire on display

**DAMAGE**

## School stands amid gutted homes in one neighbourhood



**Ryan Tumilty**  
Metro | Edmonton

Inside Fort McMurray, the raw cruelty that last week's fire wielded, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the École Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation, a charred skeleton of a bike securely chained at another.

The school stands but the walls, bedrooms, roofs of houses

— the very places the school's children lived — are gone.

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed firsthand how the massive blaze, which continues to grow outside the city, has gutted a community.

If the damage in Abasand is

here before.

Fire Chief Darby Allen said the random homes that were saved were the result of hard work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but Allen has called Fort McMurray home since 2009 and has been its fire



**Fort McMurray is still alive. We are here. We are ready for the future.**

Fire Chief Darby Allen

arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of homes have only their basements remaining.

The cars are torched, tires melted.

Only the sidewalks and the driveways give hint at what was

chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

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# Fellowship on the front lines

## EMERGENCY RESPONSE

### Firefighters describe 'small victories' amid exhaustion



Lucie Edwardson  
Metro | Calgary

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it's a feeling of camaraderie that's motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

"Just feeling tired," he said. "The sense of community and seeing all the brothers and sisters work together up here eases the pain."



Destroyed trucks sit in Fort McMurray's Beacon Hill neighbourhood on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

"We're doing what we love. We didn't chose this profession because of glory or fame," he said. "It's not just a job or a career, it's a life choice and everyone up here is doing what they in their hearts want to do

— serve and protect."

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

"We're just finding small victories and staying positive with the

brothers and sisters all working together," he said. "It's s—y, but there's no sense dwelling on it. We all know it's an uphill battle, but we have a job to do."

As firefighters

from other cities, provinces and even countries have arrived to help, Stirling said it's highlighted the fraternal nature of the brigade.

"Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us," he said. "We can't thank them enough for the sacrifices they're making for us."

"It's a part of the firefighting brotherhood — it's a huge worldwide family," he added. "It's too bad it takes an emergency like this for everyone outside of our community to see that."

Austen Tanney, a firefighter from High River, described the fire as "desperate," but said things are beginning to look up.

"The conditions are improving with visibility increasing but the winds have increased fanning the fire further east," he said. "I'm just proud of our province in coming together and I'm thankful for the opportunity to be here making a difference on the front line."

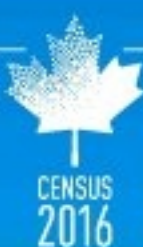
## BUILDINGS

### Notley: 90% of city saved

Alberta Premier Rachel Notley says the "ocean of fire" that hit Fort McMurray burned about 10 per cent of the buildings, but the hard work of firefighters saved the bulk of the city so it can be rebuilt.

"The fast action and the hard work and the dedication and the smarts of these first responders has, it appears, saved almost 90 per cent of the city of Fort McMurray," she said Monday after a ground tour of the devastation.

All 80,000 residents ordered out last Tuesday will have to wait at least two weeks to hear when they might be allowed to return. THE CANADIAN PRESS



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## MISSING

## Father, son reunite after fleeing flames

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'"

Dion's friends also waited outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

At that point, Dion said he had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being stubborn as usual or if he was seriously stuck."

"I just kept saying, 'I need to

find him. I need to find him.'" Turns out Ken had a few bumps while making his way to Anzac.

Dion said he ran out of gas in Wandering River, but that didn't stop him from meeting other evacuees and lending a helping hand.



**I'm the oldest sibling, so it's my job to deal with these things.**

Dion Hasad

"A guy who saw my Facebook post called me and said, 'Your dad gave us a jerry can of gas. He's all right,'" Dion said. "I was like, 'Ok, good — he's being the normal

warm-hearted guy most people know him to be."

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"He didn't say much. It was just a hug and a thank you," Dion said. "I'm the oldest sibling, so it's my job to deal with these things."

Dion said he's scheduled to volunteer with the relief effort when officials re-open the city to residents.

"Fort Mac Strong. God bless," he said. "Materials can be replaced. I just thank you to all the first responders out there."

JEREMY SIMES/FOR METRO



Dion Hasad, right, was worried his dad, Ken, didn't make it out of Fort McMurray as the city began to burn. COURTESY DION HASAD

## HOUSING

## Landlords step up with special terms



**Helen Pike**  
Metro | Calgary

Landlords in Calgary are stepping up for a possible influx of evacuees.

According to the Calgary Residential Rental Association landlords are looking for ways to welcome new tenants, even if it's for a short period of time.

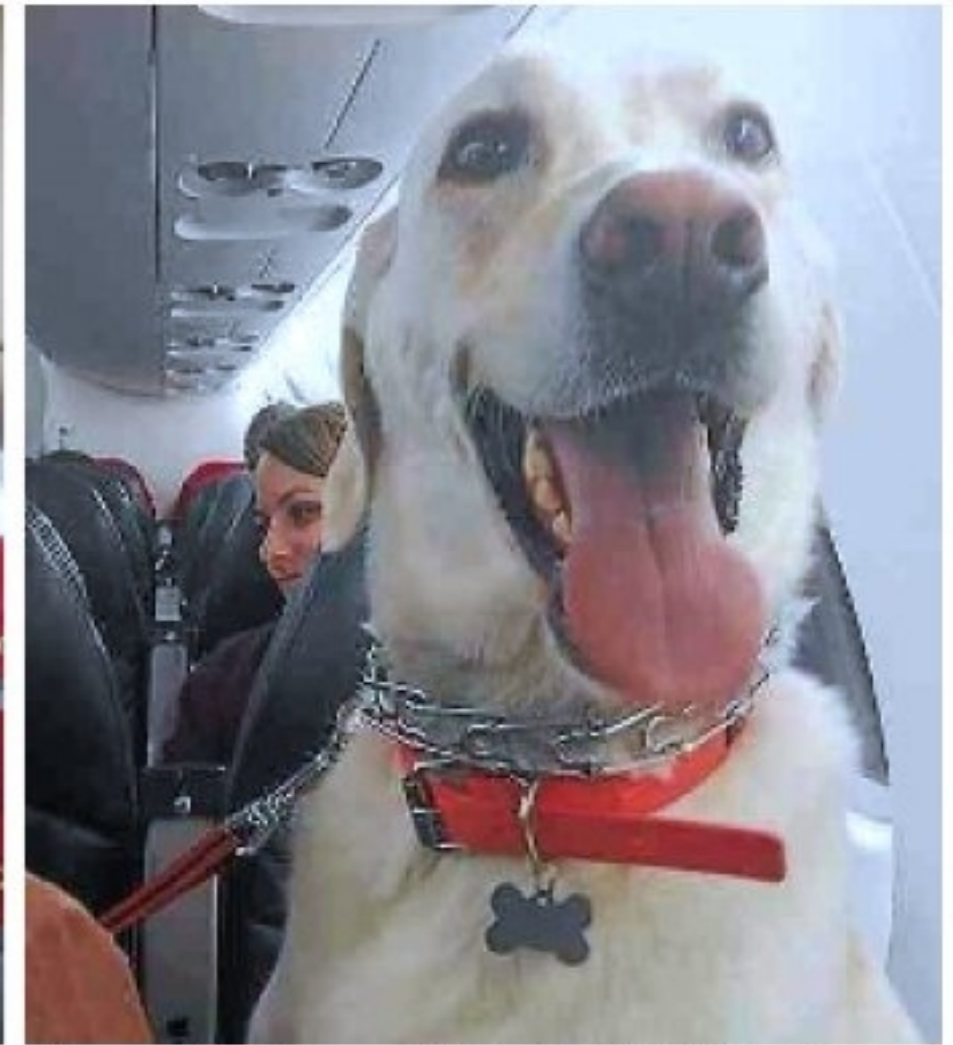
Gerry Baxter, executive director of the association, said

Calgary's rental market can handle the influx, and many of his members are already stepping up to help.

Baxter said some are offering two months' free rent, others in Calgary and Edmonton are waiving or minimizing their damage deposit fees, getting rid of lease break fee clauses, three to five day stays and even month to month stays. "You can leave when you want, which is typically unheard of in the rental market," said Baxter.



Pauline Gebbie holds a hedgehog during the massive animal expedition. COURTESY KEITH MANN

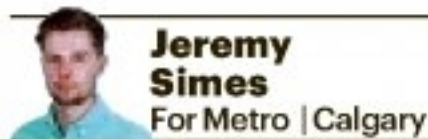


This pooch had his own seat during the flight to Edmonton. COURTESY KEITH MANN

# Pilot breaks rules to fly animals to shelters

## RESCUE

## Many residents barred from re-entering city to get pets



**Jeremy Simes**  
For Metro | Calgary

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray. More than 80,000 Fort Mc-

Murray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to reunite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's manager of flight operations, said it just made sense to fly his load of critters down south after they sought refuge north

of Fort McMurray.

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

For the past few days, Mann has flown about 6,000 people from camps up north to Calgary and Edmonton.

But one flight was a bit peculiar — it was like 101 Dalmatians on a plane, except it involved "cats, dogs, rabbits and chinchillas ... you name it," Mann said.

Normally, Suncor planes



**We're all animal lovers here ... We knew it was important for owners to re-connect with them.** Keith Mann

only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

But that policy just didn't make sense given the circumstances, so he made the executive decision to load them all up.

"I just said, 'No, let's do this,'" Mann said.

Once every critter and human was secured, the aircraft took off in what Mann described as a relatively peaceful flight.

"It was pretty quiet when we were up in the air," he said. "You could just tell everyone was so happy to be out of camp and on their way."

## INSURANCE

## Extra agents brought in to handle claims



**Brodie Thomas**  
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in

Calgary this week.

Insurance companies have even been bringing in employees from other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait — the more difficult it's going to be."

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find

out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a release Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of \$130 to \$160 million.

IBC, on the other hand, isn't releasing any numbers until

they can get adjusters in to see the damage.

"We don't speculate — we wait until we have hard facts," said Adams.

Adams said for homeowners, everything depends on the plan they purchased, but he said for total loss coverage, insurers will help them through the entire process — from debris removal to drafting plans to the rebuilding.

He said there may be people who will decide not to return to Fort McMurray. In that case, they're not obligated to rebuild.



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# Canadians on Panama Papers list

## OFFSHORE FINANCE

### Identities of those involved available - and searchable

The secret identities of the people behind more than 200,000 anonymous offshore entities found in the Panama Papers have been made public.

The International Consortium of Investigative Journalists, and its only Canadian partners, the Toronto Star and the Canadian Broadcasting Corp., have released a searchable database of the companies, trusts and foundations online.

The data comes from the controversial Panamanian law firm Mossack Fonseca, one of the biggest players in the grey zone of offshore financing. The information includes the names of directors, shareholders and beneficial owners — the real owners of a company, even though their names might not appear on the shareholder register — kept secret by confidentiality laws in tax havens. This is basic information that would be public if the corporations had been registered in more transparent jurisdictions.

The Panama Papers leak was originally received by the German newspaper Süddeutsche Zeitung. It shared the 11.5 mil-

lion documents with the ICIJ and select journalism partners under the understanding the material was of great public interest.

More than 400 journalists, including members from the Guardian, the Miami Herald, the BBC and Le Monde, worked together for months to investigate the secretive world of high finance and those working behind the scenes to enable crime and corruption.

# 200,000

Anonymous offshore entities were involved in the Panama Papers. Their owners and directors have now been revealed.

Reports based on the documents quickly led to the resignation of Iceland's Prime Minister David Gunnlaugsson after it was revealed

he and his wife had set up a company in the British Virgin Islands that had holdings in Iceland's failed banks.

The database reveals the true owners and directors of the offshore firms, but does not include records of bank accounts and financial transactions, emails, passports, other correspondence and phone numbers, the ICIJ said.

The ICIJ said it was putting the information online "in the public interest" as "a careful release of basic corporate information" as it builds on an earlier database of offshore entities.

The ICIJ prefaced the data dump by noting that the appearance of particular persons and companies on the list doesn't imply wrongdoing. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS



From left, Rashid Hassan, Waida Hassan, Evin Bilel, Neda Bilel, Hamud Hawar and Mohammed Arous, all from Syria, pose for a portrait on the tracks of a railway station which was turned into a makeshift camp crowded by migrants and refugees at the northern Greek border point of Idomeni, Greece. GREGORIO BORGIA/THE ASSOCIATED PRESS

## XENOPHOBIA

# UN seeks to reframe refugee crisis

A new UN report aims to reframe the way many countries deal with refugees and migrants, creating a responsible and predictable international system to handle them at a time when their numbers are at the highest level since the world body began keeping track.

The report was written in preparation for a high-level meeting in the General Assembly on Sept. 19 to address the issue of large movements of refugees and migrants. That meeting will be followed by a summit organized by U.S. President Barack Obama, where world leaders will be asked to pledge money in response to the problem.

"One of the thoughts behind



Overwhelmingly the statistics show that refugees and migrants contribute (and) make a positive impact as soon as you put them to work.

Karen AbuZayd, UN special adviser

what we were doing was to change the narrative on refugees and migrants because part of what's happening now is that people are afraid they're terrorists or they're criminals or their taking their jobs," said UN Special Adviser on the Summit on Addressing Large Movements of Refugees and Migrants Karen AbuZayd. "The goal of the report is to create a better response to

large movements of refugees and migrants for the benefit not only of those on the move but for those who accept them."

AbuZayd points out that contrary to xenophobic rhetoric sparked by influxes of displaced peoples, migrants are often the most productive members of society.

"Overwhelmingly the statistics show that refugees and migrants

contribute to, make a positive impact as soon as you put them to work and it helps not only your country that has taken them in and it helps with the countries back home, too, because of the questions of remittances and things," AbuZayd explained.

The report recommends that UN member nations vote on two global compacts — one involving responsibility sharing for refugees, with countries asked to resettle at least 10 per cent of the global refugee population; and another compact strengthening global governance of migration. It also calls on the UN to lead a global campaign to counter xenophobia.

THE ASSOCIATED PRESS

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- 5 DJ Snake ft. Bipolar Sunshine: Middle
- 4 The Chainsmokers ft. Daya: Don't Let Me Down
- 3 Drake ft. Wizkid and Kyla: One Dance
- 2 Magic! ft. Sean Paul: Lay You Down Easy
- 1 Rihanna: Kiss It Better

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## IN BRIEF

### Mexico judge says 'El Chapo' extradition may proceed

A federal judge has ruled that the extradition of drug lord Joaquin "El Chapo" Guzman can move ahead, Mexico's Judicial Council said Monday. But the country's Foreign Relations Department must still approve it and the defence can appeal.

The Foreign Relations Department has 20 days to decide whether to approve Guzman's extradition to the United States.

THE ASSOCIATED PRESS

## U.S. ELECTION

# Party unity no worry for Trump

For Donald Trump, party unity is a good thing. But he's making clear he won't change his views or soften his rhetoric to get it.

"Look, I'm going to get millions and millions of votes more than the Republicans would have gotten" without me, Trump said.

In other words, get on board or get out of the way.

It's a risky calculation for a presumptive Republican nominee who this November will likely go up against Hillary Clinton, a seasoned campaigner who is faring well in the polls and has broad support across her party.

But to Trump supporters like

adviser Paul Manafort, shrugging off hostility from party insiders is something Trump can afford to do.

"The important thing to remember is the national titular head of the party is the nominee of the Republican Party," Manafort said. Trump "just won that overwhelmingly, faster than anybody in Washington thought and running as an outsider against Washington. So, his agenda is the people's agenda."

Trump moved from presidential front runner to presumptive nominee last week when he crushed rival Ted Cruz in the In-



Donald Trump and New Jersey Gov. Chris Christie.

THE ASSOCIATED PRESS

diana primary, and Cruz dropped out of the race.

THE ASSOCIATED PRESS



# Crop insurance sales up

## AGRICULTURE

**With risks on the incline, farmers protect their livelihood**

Kelly McIntyre has tilled the soils of northwestern Alberta for more than 30 years, but only this spring did he conclude that he needed crop insurance.

"There just seems to be increased risk, more risk all the time," says McIntyre, a wheat and canola farmer near Fairview in Alberta's Peace Country.

He says the rising cost of machinery, land, seed and fertilizer means he's putting more on the line every season, so he finally went for the extra security of the federal-provincial insurance.

"You've got to cover yourself so that you can grow a crop next year, if it happens to be a bad year."

He's one of the many Prairie farmers who have opted to start or increase their coverage this year as forecasts call for



A woman and two young girls ride horses through a canola field near Cremona, Alta., on July 16, 2013. Many prairie farmers are opting to start or increase their coverage this year as forecasts call for another dry growing season that puts the success of crops in doubt. THE CANADIAN PRESS

another arid growing season that is raising worries about the success of this year's harvest.

The tinder-dry spring has already contributed to the devastating wildfires that have consumed large swaths of Fort McMurray. Alberta also issued a special heat advisory as cen-

tury-old temperature records were broken.

McIntyre says he's normally fighting the moisture at this time of year with muddy tires and wet fields, but that's not the case now.

"We're seeding in conditions that are probably the driest I've

ever seen."

Stephen Vandervalk also took a look at this year's weather conditions and decided to bump up his crop insurance coverage to the highest level on offer — which covers up to 80 per cent of a farmer's losses — something he hasn't

**"You've got to cover yourself so that you can grow a crop next year."**

Kelly McIntyre

done in years.

The crucial store of moisture in the soil is gone this year, leaving crops much more vulnerable than usual, says Vandervalk, a grain farmer near Fort Macleod in southwestern Alberta.

"It doesn't take much," he says. "You take a couple weeks of windy hot weather on your crop, and you're in trouble."

The El Nino weather pattern that caused drought conditions across the Prairies last year also made for a dry winter, and the trend is looking to continue this summer, says Environment Canada meteorologist Brian Proctor.

"It's likely going to be exacerbating the problem as opposed to helping the moisture deficit issues."

THE CANADIAN PRESS

## MARKETS

### National Bank buys big share

National Bank of Canada has paid US\$103 million to increase its ownership in a Cambodian bank to 90 per cent.

The Montreal-based company (TSX:NA) had previously owned 42 per cent of ABA Bank, or Advanced Bank of Asia.

It estimates that ABA Bank will add 17 cents to its diluted earnings per share for its 2016 financial year, which ends Oct. 31.

That includes a gain of 12 cents per share from a revaluation of its earlier investments in ABA Bank.

ABA bank has 1,300 employees and 35 branches that manage US\$925 million in assets for individual and business clients. THE CANADIAN PRESS

**\$103M**

The amount paid by National Bank of Canada to acquire a larger ownership share of Advanced Bank of Asia.

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## ROSEMARY WESTWOOD ON THOSE WHO LOST EVERYTHING

**Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.**

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true. Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport

survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecognizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began. "What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.) Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think

how fit we'd be if people actually walked to stores: In 2011, the U.S. Commerce Department reported Americans spent \$1.2 trillion on goods and services they didn't need. Yes, we're Canadians, but we also like our stuff.

That modern abundance has in turn spawned the age of minimalist Marie Kondo, who asks that you ascribe more than utility or fleeting affinity to your possessions, but a deep and abiding joy. And in this world, where, either way, you are what you own, what could be more terrifying than losing it all?

Speaking to the Atlantic magazine about the psychology of home, the environmental psychologist Susan Clayton called our domestic space a source of "self-definition." Where we live, and what we surround ourselves with, contributes to our identity. It can shape our routines, and we mold it reflect who we want to be.

Of course, those are both things — routines and a sense of self — that can change. Certainly, Fort McMurray's 80,000 residents have proven themselves nothing if not resilient. They are of course more than where they lived (or will live again, if they are among the lucky). Like all of us, their relationships undoubtedly matter most.

But we are nesting, possessive creatures. Our spaces remind us who we are — someone who likes these textiles, wears these clothes, drinks each morning from this mug, nurtures that plant, reads (or aspires to read) those books or magazines. Look around your private space, with all the talismans of your life, and then imagine it is all gone. Everything.

It is not the worst that could happen, but still. What a shock. What loss.



## Haligonians reveal their best selves in the worst of times

### HALIFAX MATTERS

Stephen Kimber



Sometimes, the worst times create the best moments.

My nominee, among many, for last week's best moment is a Calgary woman named Rita Khanchant.

But I'm getting ahead of myself.

Let's start with those worst times.

One week ago, Wildfire MWF-009 — now more colloquially and correctly known as The Beast — flared out of control in too-dry-for-too-long woods southwest of Fort McMurray, Alberta, leaped a kilometre over the Athabasca River and wreaked nature's havoc on Canada's quintessential frontier town.

It became impossible to update the "as big as" analogies as the insatiable fire gobbled 1,500 square kilometres, then doubled its daily torched-earth toll; swallowed 1,600 homes; scattered 80,000 residents, including babies in the process of being born; exhausted the frustrated attention of more than 500 firefighter and hundreds of pieces of sophisticated-but-no-match-for-this firefighting equipment... and showed no sign it's ready to stop raging.

Perhaps it's because of this disaster's hard-to-contemplate scale, perhaps because so many of us, particularly here in Atlantic Canada, have friends or family in Fort Mac. Regardless, the response was massive and instantaneous. Within days, donations to Red Cross relief topped

\$30 million; money Ottawa promised to match.

Musicians do what musicians do. On Tuesday night, in Halifax, Ben Caplan will put on a benefit concert at the Carleton Music Bar and Grill. Proceeds from Rapper Classified's latest song, Working Away, will go to disaster relief. So will this week's online take at Halifax-based Groundswell Music.

Some gestures were personal. An Ontario bridal shop donated two wedding gowns to an about-to-be bride who'd had to leave her own dress behind during the evacuation. A friend of another woman, nine months pregnant — who lost her house, including a just-finished nursery, as well as her car to the flames — posted an online appeal. She raised \$11,000 within the day, as well as promised donations of cribs and baby supplies.

And then there's Rita Khanchant, a Syrian refugee who arrived in Calgary with her family, but little else, in December.

"Canadians have provided us with everything and now we have a duty," she wrote on a private Facebook page last week. "Get ready, it's time to fulfill." The refugees weren't able to offer much, but they did what they could. Because they wanted to help too.

Worst times. Best moments.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax matters runs every Monday.

### Metro POLL

## What would you take?

If you had to flee your home in a fire and had just five minutes to pack, what would you bring?

- 16% Family pet
- 15% Documents (i.e. passport)
- 15% Money
- 14% Smartphone/computer/tablet
- 10% Clothing
- 8% Family mementos
- 8% Food
- 6% First aid kit
- 5% Jewelry/valuables
- 3% Other

A change of clothes, basic toiletries, first aid and copies of documents.

We keep 'go' bags ready at all times.

My daughter and dog first. Anything else can be replaced.

In a fire, everyone should have a designated object to grab.

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# How to train like a hockey star

## FITNESS TRAINING

### Former NHL player on goals, gains, and new lifestyles

It's been seven years since Gary Roberts played in the NHL. But in a gym, the sturdy 49-year-old high-performance trainer and lifestyle coach still looks like he could skate faster and score more goals than, well, any average person.

But Roberts is hardly average. Forced to quit hockey for a year in 1996 after a serious neck injury, he endured two surgeries and intense reconditioning — with a focus on fitness and nutrition — before returning to play 12 more seasons, including four years with the Toronto Maple Leafs.

These days, he operates the Gary Roberts High Performance Centre in Toronto, where he's trained the likes of NHL stars Connor McDavid, Steven Stamkos, Jordan Staal, Brett Connolly and Mike Smith through a blend of advanced training techniques, proper sports nutrition and recovery strategies.

We caught up with Roberts to chat about how he works



Ex-Toronto Maple Leaf and current pro athlete fitness trainer Gary Roberts, now 49, says training, refuelling, and recovery are all important elements of changing to a fitness-focused lifestyle. VINCE TALOTTA/TORONTO STAR

with the pros — and what the rest of us can learn from his advanced training techniques.

#### How did being an NHL player spark your passion for fitness?

I would say the biggest thing was my retirement. I retired at 30 years old with two serious neck injuries, and had to change my lifestyle in order to build my body back up where

it needed to be to have an opportunity to have a second chance to play.

Initially, that sparked my passion for fitness and nutrition. What I did at 30 to change my lifestyle is what gave me the extra 12 years I had in the NHL.

Did being a pro athlete shape how you train athletes now? I think the big advantage I

have as a trainer — although I consider myself more of a lifestyle coach — is understanding the integration of all the elements you need to have success: the training, the refuelling, the recovering. All those things equal performance.

You've worked with players from the NHL, the American Hockey League, the Canadian

#### Hockey League — is there a common thread in how you're training all these guys?

They're in the same sport, so you've got a pretty good indication of what you need to do to give a player the best chance of success. But each player has an individualized program, both training and nutrition.

What Connor McDavid of the Edmonton Oilers does is

something different than what Steven Stamkos of the Tampa Bay Lightning does, because they're at different stages of their careers and development.

I think the thing for us is trying to find out those players' weaknesses and what we need to work on.

#### For those of us who aren't professional athletes, what can we do to stay motivated?

It's important to set goals for yourself and it's important to recognize your needs and weaknesses and imbalances and fix those things first.

Nutrition is the most important part to anybody's fitness routine. If you're taking care of yourself and making healthier lifestyle choices, the training you do will be more successful because of how you're living your life.

#### Is there anything else we can learn from how the pros train?

Consistency in a routine and charting your progress. Even professional athletes like to see their gains. As a lawyer, or banker or firefighter, set your goals and have people help you with your needs and assessments — in the end it's about charting your progress.

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# Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and light-headed. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled

her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in adolescence or young adulthood have a chronic course, typically living with the disorder for a decade or more.

Having an eating disorder throughout adulthood comes with distinct challenges, includ-

ing few intensive treatment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy; the laxatives would have to go.

For the next 10 years, the disorder seemed to be under control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return.

"It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year.

"It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal.

"It's the same with anorexia nervosa — someone can't will themselves to be in control," says



Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE



**“It's like I'm on a merry-go-round and I just can't get off of it. I want to but I can't**

Anorexia sufferer Lisa Sheinfeld

Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have

my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says.

"How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

TORSTAR NEWS SERVICE

## Niles Domestic Medium Hair

Ten-year-old Niles recently had his life disrupted because his guardian could no longer take care of him and his two cat pals. He enjoys human company but is not fond of being held or hugged. Although he is still adjusting to his recent move, he shows his appreciation of quiet attention from visitors with a big rumbling purr. Niles is in good health with many happy years ahead of him. He is an indoor-only cat who has lived with other cats. **If you have room in your home and heart for this dear boy, please visit him today.**



For more information on Niles and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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## HOW ANOREXIA AFFECTS THE BRAIN

• Even when intensive treatment programs are available, helping longtime anorexia sufferers is challenging, says CAMH's Dr. Allan Kaplan. "Once people lose weight, they change their brain chemistry," he says. "Their processing isn't normal."

• When people lose weight, they lose body tissue from every part of their body, including the brain.

• Kaplan's current research focuses on how anorexia impacts the brain's myelin, the fatty covering of "white matter" that delivers information to the "grey matter" centres controlling emotions and high-level thinking.



# Witness for women around the world

## DOCUMENTARY

## New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of *Woman*, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith, Steinem said.

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after six decades of activism.

### What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself or be willing to use military violence against another country.

### How did you decide what to focus on for these eight episodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in



Steinem will host and produce an eight-part documentary series on the *Viceland* network, called *Woman*, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS

that country.

### The challenges facing some of the women you show are upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone — and someone who listens to what is needed and tries to help.

### What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.



**We now know ... that the old discriminatory systems are crazy, we are not crazy.**

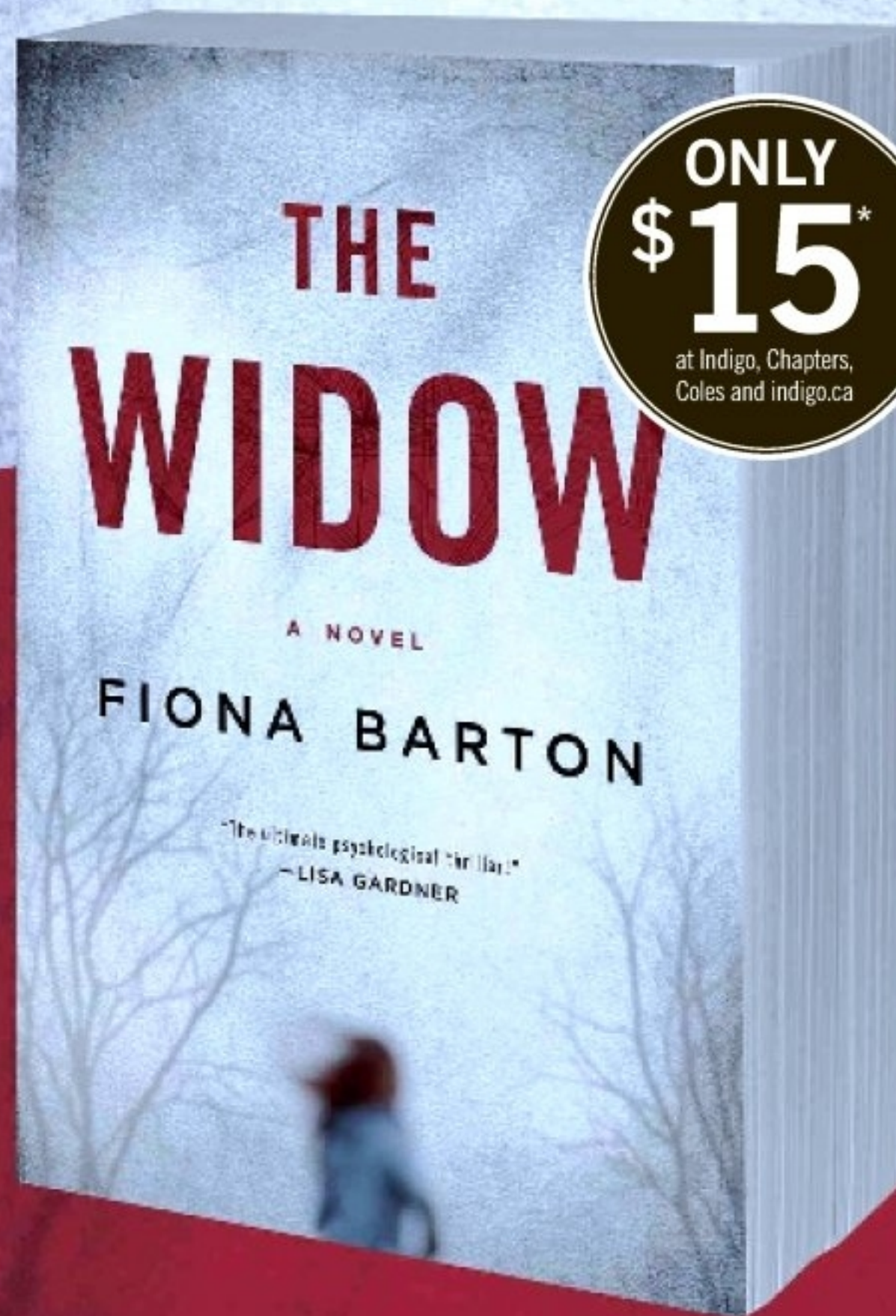
Gloria Steinem, on feminism

If we have reproductive freedom, that is the ability to decide for ourselves when and whether to have children and what happens to our bodies, it can be reversed.

It's the understanding that it's not inevitable. I think that is crucial. THE ASSOCIATED PRESS

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# LEARNING CURVE

## Stay in an academic mind frame

Final exams will soon be a thing of the past and students will breathe sighs of relief as they usher in summer vacation. And while for most it is a time to work, travel or relax, academics should not be totally forgotten, says one education expert.

"The way our society is, you have to be committed to continuous learning throughout your career and that starts while you are in school. If you take an active approach it will ensure you are progressing," says Allison Schubert, an instructor and coordinator of academic upgrading



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courses at Vancouver Community College known as Career Access, which help students learn how to develop career decision-making skills. "It's good to stay connected to your field of study and there's lots of ways to do that without taking formal, tuition-based courses."

Remaining in an academic mind frame over the summer break, Schubert says, could actually start before the semester ends. She says talking to instructors or professors is a great first step in finding out what you can read or review to stay current.

"I'm sure most instructors would see a student approaching them as positive and would be happy to suggest readings or names of authors who might be influential in your field," she says. "Also, if you're in a program that builds on prior knowledge each semester, doing a review will be helpful. Focus on the topics that you found challenging so that you are comfortable with them when the next semester rolls around."

Because being engaged during a time traditionally devoted to an academic break can seem daunting, students can also take more hands-off approaches.

This includes focusing on career goals and the field they will enter rather than coursework review or readings.

"Mentors are a fantastic source of knowledge to help you to understand what you are working towards in a more realistic way," says Schubert. "Joining professional organizations and going to networking events are potential ways of meeting mentors. You can also use social media, such as LinkedIn, where you can follow professional groups to get updates on the industry in which you will be working."

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## Make an impact as a life coach

Abe Brown, president, Certified Coaches Federation (CCF) says life coaching is a way to connect with other people and foster meaningful relationships.

"As we connect with people, we listen deeply," says Brown. "Many people have not really been listened to for a long time and so by listening, we become a safe harbour."

Through his two-day intensive certified life and executive coach training course, Brown teaches participants gain the skills and tools to make a positive impact on those they lead.

"As a coach, we do what we do because we care for people," says Brown.

"We see the potential in our business partner, co-workers, family and friends and we want to

help them achieve it- we all have a tendency to measure ourselves against the people around us." He says a good coach will evaluate your performance against your own potential and strengths, not against someone else's.

The Certified Coaches Federation has trained and certified more than 10,000 life coaches and executive coaches since 2006 and Brown says it is now considered one of the best life coach training and certification programs in the world.

This course is available on June 4 and 5 at the Best Western Hotel, Chocolate Lake, Halifax. Registration for this course is open now. To learn more, visit [certifiedcoachesfederation.com](http://certifiedcoachesfederation.com), or contact Abe Brown at 866-455-2155 or [abe@certifiedcoachesfederation.com](mailto:abe@certifiedcoachesfederation.com).



# N.S. hair and esthetics school keeps it green

The next generation of HDC Hair and Esthetics School of Cosmetology grads will have environmental sustainability embedded into their curriculum thanks to its owner, the Salon Resource Group. By the time students graduate, working with a green mindset will be second nature.

HDC Hair and Esthetics recently partnered with Green Circle Salons to recycle 70 to 90 per cent of the waste the school produces through its hair operations.

In the past, salons and spas had to throw away the hair, foils, leftover colour and tubes. A large portion of this waste accounts for the 420,000 pounds of waste made each day by the North American hair and esthetics industry, according to Green Circle Salons.

The program is set up to collect and divert most of these materials by sorting and separating hair clippings, colour and aluminum bottles. The waste is then shipped off to Green Circle Salon's Montreal hub via Maritime Beauty Supply's cargo trucks to take another



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step in reducing the planet's carbon footprint.

In Montreal, the hair is reused to make oil booms to help clean up oil spills, as well as pillows for refugees. The hair colour is recycled into energy through a third party specializing in chemical recycling.

The program has also been rolled out to HDC Hair and Esthetics' sister companies: the Head Shoppe, HS Studio SalonSpa, Vitality Medi Spa and Vibe Salon Medi-Spa.

It is the goal of the Salon Resource Group to make its salons and spas 100 per cent sustainable by 2020.

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"We provide a strong foundation in creating functional and aesthetically pleasing spaces as well as project management and business practices." Students will be trained in construction plan drafting, space planning, visual communications, and the elements of design.

"This is a 'hands-on' course where our talented, experienced instructors mentor students throughout the course," says Currie.

This program is led by Sharon Charlton, the current executive president of the Nova Scotia Interior Decorators' Association.

"Students benefit directly from the breadth and depth of her many years of industry experience," says Currie.

"Our curriculum is also developed so that



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you finish a two-year program in just 60 weeks."

The interior decorating program at Success College is accredited by The Canadian Decorators' Association, The Nova Scotia Interior Decorators' Association, and Interior Décor Resources Canada.

"With over 100 years of experience behind us, we're confident that our model of career education has evolved to offer the optimal combination of classroom instruction, practical hands-on learning and on-the-job experience," says Currie. To learn more about the interior decorating program, visit [successcollege.ca](http://successcollege.ca).



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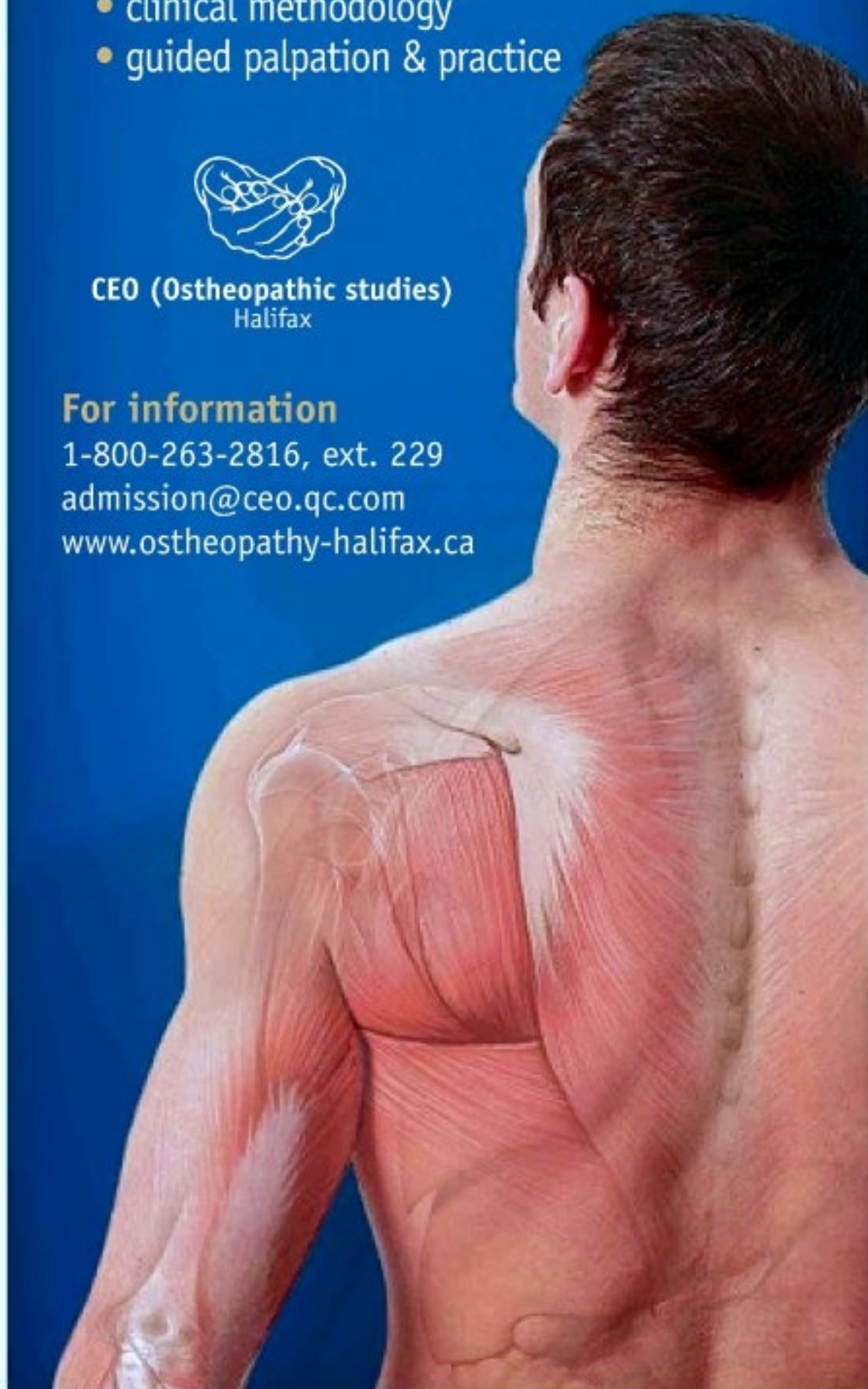
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## A PIONEER IN THE FIELD OF BUSINESS

Consistent with their mission of being a pioneer in the field of business, Maritime Business College offers a comprehensive course in information systems administration.

A system administrator, or sysadmin, is a person who is responsible for the upkeep, configuration, and reliable operation of computer systems; especially multi-user computers, such as servers.

"Perhaps the most important skill for a system administrator is problem solving—frequently under various sorts of constraints and stress," says Janice Currie, director, Maritime Business College. The sysadmin is on call when a computer system goes down or malfunctions, and must be able to quickly and correctly diagnose what is wrong and how best to fix it.

They may also need to have teamwork and communication skills; as well as being able to

install and configure hardware and software.

Systems administrators are also needed to help organizations use technology to communicate with consumers, clients, and fellow employees. "The need for information security will also drive the need for network and computer systems administrators," says Currie.

Currie says that according to Careers Nova Scotia, this is a fairly large occupation in Nova Scotia, with employment around 3,650, and so job opportunities occur fairly regularly.

"The number employed in this occupation is expected to grow significantly over the next five years, which will provide additional opportunities for employment," says Currie.

"Take the information systems administration program, and receive your diploma in less than a year." For more information, visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).

## Immersed in a real production studio at daVinci College

The animation for games, films and visual effects program at daVinci College builds a strong foundation in animation skills, from developing concepts and storyboards to stunning animation for games, films, and visual effects.

"At da Vinci, you get a solid foundation that combines traditional arts with computer animation," says Janice Currie, director, daVinci College.

"Our program prepares you to animate for films, cartoons, simulations, interior design, games, and much more."

As a student of this program, you are immersed in a real production studio where you get to work on actual animation projects.

Class sizes are small, the technology is leading edge, and you are trained by top-notch industry professionals.

"Our graduates are highly successful and find it hard to believe they're paid to do something they love every day," says Currie.

"But we give you more than just cool skills and valuable knowledge; we prepare you for real jobs that are waiting for you to take or create."



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The animation field offers many exciting careers, and after graduation, students can choose to specialize or work in a number of different segments of the industry such as: 3D animation, 2D animation, web designing, gaming, multimedia, advertising, and more.

Many jobs are available locally, and positions include; character animator, character modeler, texture artist, technical artist, concept and storyboard artist, lighting artist, match mover, and more. For more information about this program, visit [davincicollege.org](http://davincicollege.org).



# 'I was able to apply what I was learning right away'

Working in a physiotherapy clinic with her background in kinesiology and applied human nutrition, Jocelyn Glover watched as the clinic owner built her osteopathy practice.

After a year of seeing people come in in pain and leave relieved, Glover says she was inspired to explore an osteopathy career and turned to the Colleges d'Etudes Osteopathiques' (CEO) Halifax location.

"I really liked that it was a part-time program, which allowed me to work and gain experience at the same time," says Glover of the offering intended for practicing health professionals and consisting of 34 classes distributed evenly over five years, with each session being four to five days in length, as well as a research year. "It's also very practical and that was one of the biggest draws for me. I was able to apply what I was learning right away."

CEO's combination of osteopathic philosophy, theory, methodology, technique, clinical application and research elements,

which are presented progressively and cumulatively, gave Glover full confidence in her abilities when she graduated in 2010, she says. Just two years later, she became the owner of Halifax Osteopathic Health Centre, the same clinic where she first discovered her passion for osteopathy.

"You need the five years, I found, to have the confidence in your assessment, palpation and treatment skills," she says of the practice which uses a gentle "hands-on" method to identify areas of restricted movement throughout the body by viewing local concerns from numerous perspectives.

In addition to the amount of knowledge and skills she says she acquired, Glover credits the program's collegial atmosphere with helping her to stay motivated as she made her way through the courses.

"Every professor that I had in the program inspired me because the knowledge and passion they have got passed onto us," she says. "There is a lot of one-to-one teacher time when you are learning techniques so



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it can be a personable and personal experience." CEO's Halifax campus facilitates the first year of the program every other year

and enrollment is open until mid July for the September 2016 start date. For more, visit [osteopathy-halifax.ca](http://osteopathy-halifax.ca).

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# Valanciunas expresses dismay over ankle injury

**RAPTORS**  
TAKE ON THE HEAT

## Centre hopes for a speedy recovery

A tiny chair had been put aside for Jonas Valanciunas to meet the swarming media Monday morning, the first chat session the Toronto Raptors centre had held since spraining his ankle bad enough to be sidelined for the rest of the team's NBA Eastern Conference semifinal.

His right calf and ankle encased in a cumbersome boot, Valanciunas pulled back a curtain to see the chair, basically flung it aside over the protestations of the team's media relations staff and defiantly stood there to make his point.

He's OK, he hopes to be back soon and his spirits seem high. "It's tough because I was enjoying playing basketball," Valanciunas said. "I was doing work so right now I cannot think about it, have to just get better and come back. I am going to do everything that I can."

While already ruled out for the rest of the series with the Miami Heat, Valanciunas wasn't

about to predict his availability should Toronto move on to face the Cleveland Cavaliers in the conference final.

The next series will begin Sunday at 3:30 p.m. in Cleveland if the Heat-Raptors series ends in six games or less. Otherwise, the Eastern Conference final will start Tuesday night.

"We're just going to see what's happening," he said. "It's already got a little bit better over night, the plan is ice, keeping it high and resting. You do this and see what happens."

The seven-foot centre had been averaging 18.3 points per game on 65 per cent shooting

“

**I have faith in my teammates ... I'm going to be cheering, going to be doing what I can do to support them.**

Jonas Valanciunas

and 12.7 rebounds this series against the Heat. His loss will be a substantial blow to Toronto's hopes of making the first conference final in franchise history.

"It just sucks, the things J.V. was doing can't be duplicated," DeMar DeRozan said Monday morning. "It's just gonna be a little bit more onus on the guards to be more efficient and more aggressive."

TORSTAR NEWS SERVICE

Go to [metronews.ca](http://metronews.ca) for coverage of Heat-Raptors Game 4.



Jonas Valanciunas left Saturday's game with a sprained ankle. ALAN DIAZ/THE ASSOCIATED PRESS

**HOCKEY**

## Canada rolls over Belarus

Matt Duchene says opponents always bring their best when they face Canada at the world hockey championship.

So far the defending champions have been able to respond to the challenge, even if it takes them a while to get going.

Buffalo Sabres forward Ryan O'Reilly scored twice Monday as Canada improved to 3-0 at this year's championship with an 8-0 rout of Belarus.

**Preliminary round**

<b>8</b>	<b>0</b>
CANADA	BELARUS

Playing their third game in four days, the Canadians followed a similar pattern to previous wins over the U.S. and Hungary. Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

"We're going to get every team's best game," said Duchene, who had a goal and two assists against Belarus and is tied for the team lead with five points. "The kid yesterday on Hungary that scored picked up the puck. That kind of tells you what it means to score against us and what it means to play against us. So we're going to get everybody's top game right off the bat and it's all about just staying patient, weathering the storm, and then once we get one or two, we're going from there."

THE CANADIAN PRESS

**NBL CANADA**

## Atlantic supremacy up for grabs



**Kristen Lipscombe**  
Metro | Halifax

The biggest rivalry in Atlantic Canadian basketball is about to play out in a best-of-seven series.

The National Basketball League of Canada announced Monday the final schedule for its Atlantic Division championship between the Halifax Hurricanes and Saint John Mill Rats.

The first two games are set

for 7 p.m. this Saturday and 4 p.m. this Sunday at the Scotiabank Centre, while Games 3 and 4 tip off at 7 p.m. on May 20 and 7 p.m. on May 21 at Harbour Station in Saint John.

If necessary, the series comes back to Halifax for Game 5 at 7 p.m. on May 23. Game 6 would take place at 7 p.m. on May 24 in Saint John, while the seventh and final game would unfold starting at 7 p.m. on May 26 in Halifax.

The Hurricanes claim home-

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court advantage because they finished the regular season in first place with a 29-11 record. They advanced to the Atlantic Division championships series by sweeping the Island Storm

in three games in a best-of-five first-round playoff series.

The Mill Rats defeated the Moncton Miracles 3-1 in their best-of-five Round 1 series to advance to the Atlantic Division finals for the first time in franchise history.

The Mill Rats came in second overall in the conference with a 25-15 record.

During the regular season, the Mill Rats edged out the Hurricanes in head-to-head action, winning six of 11 games.

### **IN BRIEF**

#### **Penguins to host midget hockey championship**

A Nova Scotia community will welcome the top female midget hockey teams from across the region next spring.

The Pro Cresting Penguins will host the 2017 Female Midget Atlantic Championship, which will run March 30 through April 2 at the East Hants Sportsplex.

The winner advances to the 2017 Esso Cup, Canada's National Female Midget Championship. METRO

#### **Kane, Jones the first women in Maritime Sports HOF**

Golfer Lorie Kane of Charlottetown and the curling rink led by Colleen Jones of Halifax will be the first women ever inducted into the Maritime Sports Hall of Fame.

They'll be honoured along with seven other inductees at a ceremony set for June 22 in Bedford. The new inductees also include baseball player Matt Stairs of Saint John and boxer George Dixon of Africville. METRO







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